

Winter Fitness Classes

Registration begins Monday, December 10, 2018 at 9:00 a.m.

Register in person or online: <https://frederickcountymd-gov.3dcartstores.com>
(classes are not prorated for late starts/absences)

Yoga

Yoga offers tools to improve fitness, circulation, mobility, and a sense of well-being. This class offers excellent, precise instruction in yoga postures and breathing. Join us in building strength and flexibility in body, mind, and spirit. Open to all, regardless of yoga experience. Please bring a yoga mat.

Date: Wednesdays, starting January 23

Time: 12:15-1:30 p.m.

Cost: \$30 per person, 10 weeks

Instructor: Larissa Harrington

Line Dancing

The dance floor is for everyone! Improve your balance, gain confidence, find the beat, get moving, and have fun! Open to all, regardless of line dancing experience.

Date: Thursdays, starting January 10

Time: 1:30-2:30 p.m.

Cost: \$30 per person, 10 weeks

Instructor: Mary Anne Williams

Strength Training

Strength training improves your daily living! This video is made especially for seniors. Weights are provided. This is an on-going program so come as often as you can.

Date: Mondays & Thursdays

Time: 9:30-10:15 a.m.

Cost: Free, video exercise, no instructor

Tai Chi: Basic & Advanced

Improve Balance & Strength of Body
Achieve Clarity & Focus of Mind
Gain Calmness & Lightness of Spirit

Basic Tai Chi Class

Date: Mondays, starting January 7

Time: Noon-12:55 p.m.

Cost: \$30 per participant, 10 weeks

Instructor: Claudia Olson

Advanced Tai Chi Class

(instructor permission needed to register)

Date: Mondays, starting January 7

Time: 1:00-2:00 p.m.

Cost: \$45 per participant, 10 weeks

Instructor: Claudia Olson

Daily Exercise

Come exercise with us! These videos are made especially for seniors. Videos includes stretching, strength, balance, mobility and cardio exercises. This is an on-going program so come as often as you can.

Date/Time:

Mondays: Mobility/Stamina 10:45 a.m.

Tuesdays: Strength/Balance 9:30 & 10:45 a.m.

Wednesdays: Stretching 9:30 & 10:45 a.m.

Thursdays: Mobility/Stamina 10:45 a.m.

Cost: Free, video exercise, no instructor

Urbana Senior Center

Offering fitness, enrichment & social opportunities for 50+

9020 Amelung Street, Urbana, MD 21704

(located on the lower level of the Urbana Regional Library)

Like us on Facebook: [Urbana Senior Center - Frederick County, MD](https://www.facebook.com/UrbanaSeniorCenter-FrederickCountyMD)

UrbanaSeniorCenter@FrederickCountyMD.gov

www.FrederickCountyMD.gov/seniorservices

(see other side for more programs)